

General Health Status

Perceived fair or poor overall health

- In 2001, about 16 percent of adults (age 18 and older) believed they had fair or poor health.
- Females (18.2%) were somewhat more likely than males (14.4%) to report having fair or poor health.
- The rate of perceived fair/poor health among African Americans (20.1%) exceeded that of whites (15.3%).
- Hispanic adults reported lower rates of fair/poor health than non-Hispanics.¹
- The highest rates of perceived fair/poor health were found among the oldest age group (37.4%) and the poorest households (40.9%).

Average (mean) number of days during previous 30 days when physical health was not good

- For NC adults, the average number of poor physical health days was about 3½ days out of the past 30 days.
- The highest average number of poor health days (7.7) was found among the poorest households.
- The lowest average number of poor health days (1.3) was found among 18 to 24 year olds.

Average (mean) number of days during previous 30 days when mental health was not good

- For all adults, the average number of poor mental health days was 2 days out of the past 30 days.

Average (mean) number of missed work days during previous 30 days due to poor health

- For all adults, the average number of missed workdays was 2.1 days. It was higher among adults with less than high school education and household income less than \$15,000.

Geographical Variation (perceived fair/poor health)

North Carolina: The lowest rates of perceived fair/poor health were reported by Wake, Durham and Mecklenburg county residents and the highest rates were found in rural Western and Eastern North Carolina.

Nationwide: Among all states, North Carolina had the 13th highest rate of perceived fair/poor health. New Hampshire had the lowest rate of perceived poor health (9.4%) and Puerto Rico had the highest rate (34.5%).

North Carolina Trend

- From 1993 through 2001, African Americans had consistently higher rates of perceived fair/poor health than whites.
- White males tended to have somewhat lower rates of perceived fair/poor health than white females; among African Americans there was no consistent pattern by sex.

Table 1a. Perceived Fair/Poor Health in North Carolina by Year, Race, and Sex

	1993	1994	1995	1996	1997	1998	1999	2000	2001
NC	17.2	16.6	18.6	16.3	16.1	16.6	17.9	16.6	16.4
White	15.8	15.9	16.5	15.6	15.3	16.4	16.5	15.0	15.3
Black	23.0	21.2	27.1	19.2	19.7	18.2	23.9	23.2	20.1
White Male	14.6	15.9	15.4	15.6	13.6	14.0	15.6	14.1	14.5
White Female	16.9	15.9	17.6	15.6	16.8	18.6	17.4	15.7	16.1
Black Male	26.8	22.4	26.8	15.8	18.0	15.7	19.7	23.8	14.3
Black Female	20.0	20.2	27.3	22.1	21.0	20.1	27.4	22.7	24.7
(US)	13.4	13.7	13.9	14.5	14.4	14.8	14.9	15.5	15.7

¹One of the primary reasons for this finding is due to the relative youth of the Hispanic population in North Carolina, at the present time.